I. PHASE ONE (week 1-2)

GOALS:
- ROM 0-90°
- Adequate quadriceps contraction
- Control inflammation

➢ WEEKS 1-2
  ▪ ROM
    - ROM 0-90°
    - Patellar mobilization
    - Ankle pumps
    - Hamstring, gastrocnemius soleus stretches
    - Five reps times 30 sec. each.  3-4 times a day times 10 min.
    - Weight bearing – non-weight bearing per M.D.

➢ STRENGTHENING
  ▪ S.L.R.
  ▪ Active quadriceps isometrics
  ▪ Knee extension (active-assisted 90-30°)

➢ MODALITIES as required
  ▪ Electrical muscle stimulation 20 min.
  ▪ Cryotherapy 20 min.
II. PHASE TWO (weeks 3-4)

GOALS:
- ROM 0-110°
- Muscle control
- Control inflammation
- 25% weight bearing per MD

WEEKS 3-4
- ROM
  - ROM (passive 0-110°)
  - Patellar mobilization
  - Ankle pumps
  - Hamstring, gastrocnemius soleus stretches.
  - 5 reps x 30 sec. each. 3-4 times a day.

STRENGTHENING
- Isometric training – multi angle (0°-60°)
- SLR (flexion, extension)
- Knee extension (active-assisted, 90-30°)

AEROBIC CONDITIONING
- Aerodyne without involved extremity

MODALITIES
- Electrical muscle stimulation 20 min.
- Cryotherapy

III. PHASE THREE (weeks 5-6)

GOALS:
- ROM 0-130°
- Muscle control
- Early recognition of complications
- Control inflammation
- 50% weight bearing per MD (usually 6 weeks)

WEEKS 5-6
- ROM
  - ROM (passive 0-130°)
  - Hamstring, gastrocnemius soleus stretches
  - Patellar mobilization
  - 5 reps x 30 sec each. 3 times a day times 10 min.
STRENGTHENING
- SLR
  - Isometric training multi angle (90, 60, 30°)
  - Closed chain
    - Wall sits
    - Mini squats
  - Leg press (70-10°)

Aerobic Conditioning
- Bike with involved knee

Modalities as required

IV: PHASE FOUR (weeks 7-8)

GOALS:
- 50-75% weight bearing
- Control inflammation
- Muscle Control
- ROM 0-135°

WEEKS 7-8
- ROM
  - ROM 0-135°
  - Hamstring, gastrocnemius soleus stretches
  - Patellar mobilization
  - 5 reps x 30 sec each, 2 times a day times 10 min.

Strengthening
- SLR –flexion, extension, abduction, abduction
- Closed chain
  - Mini squats (rubber tubing 0-30°)
  - Wall sits
- Hamstring curls (active 0-90°)
- Leg press (70-10°)

Aerobic Conditioning
- Bike
- Modalities – as required
V. PHASE 5 (weeks 9-12)

GOALS:
- ROM 0-135°
- Increase strength – endurance

➢ WEEKS 9-12
  ▪ ROM
    • Hamstring, Gastrocnemius Soleus, Quad, ITB stretches
  ▪ STRENGTHENING
    • SLR
    • Closed chain
      ♦ Mini squats
      ♦ Wall sits
      ♦ Lateral step up (2-4” block)
    • Hamstring curls (active 0-90°)
    • Knee extension with resistance (90-30°)
    • Leg press (70-10°)
  ▪ Balance Training
    • Two legged balance board
    • Single leg stance
  ▪ Aerobic Conditioning
    • Bike
    • Walking
    • Life step
  ▪ Modalities – as required.

VI. PHASE 6 (weeks 13-26)

GOALS:
- Increase strength – endurance

➢ WEEKS 13-26
  ▪ ROM
    • Hamstring, Gastrocnemius Soleus, Quad, ITB stretches
- **STRENGTHENING**
  - SLR
  - Closed chain
    - Mini squats (rubber tubing 0-40°)
  - Hamstring curls (active 0-90°)
  - Knee extension with resistance (90-30°)
  - Leg press (70-10°)

- **Balance Training**
  - Two legged balance board
  - Single leg stance

- **Aerobic Conditioning**
  - As in Phase 5

- **Running Program – in Unloader brace**
  - job
  - walk
  - backward run

- **Modalities – as required**